



Sailors Enjoy a Night at the Ballgame

By MC3 JAMES R. EVANS
Penny Press staff

The Seattle Mariners hosted Sailors from Navy Region Northwest for an evening of baseball Tuesday during the Fifth Annual Boeing Salute to the Armed Forces Night at Safeco Field.

The event paid tribute to the men and women serving in the armed forces during the Mariners' second game of the season, against the Oakland Athletics.

"Seattle is a big military town and we're very proud of it, so this is an important night for us," said Mariners President Charles G. Armstrong, who served in the U.S. Navy aboard the USS Bonhomme Richard (CVA-31) prior to his career with the Mariners. "All of our top officers, including myself, were Naval officers in their previous careers, so it's a big night for us personally as well."

About 4,000 servicemembers attended the game, including 260 Sailors from USS Abraham Lincoln, whose Morale Welfare and Recreation (MWR) representatives organized a special trip for the crew. Participants enjoyed discounted ticket prices, bus transportation, an exclusive pre-game function in the bull pen, and a free Mariners hat.

The evening's events began with a performance by the Marine Corps Security Force Company Bangor Ceremonial Drill Platoon at center field, followed by an introduction of distinguished servicemembers and veterans as they assembled on the baselines.

Ranking officers from each of the five branches of the military



Photo By MC3 James R. Evans

Sailors from USS Abraham Lincoln enjoy an exclusive pre-game party in the bull pen during the Fifth Annual Boeing Salute to the Armed Forces Night at Safeco Field. About 260 sailors from Lincoln participated in an MWR trip to the game that included the pre-game function, free food, free transportation, commemorative coins, and a Mariners baseball cap.

as well as the Washington National Guard were then presented plaques in recognition of their service to the country. Accepting plaques on behalf of their respective branches were U.S. Air Force Brigadier General Eric Crabtree, U.S. Army Brigadier General William J. Troy, U.S. Coast Guard Rear Admiral Richard R. Houck, U.S. Marine Corps Lieutenant Colonel James T. Dillon, U.S. Navy Rear Admiral Frank Drennan, and Colonel

Turn to **BASEBALL**, Page 4

Abe's Basketball Team Proves They Have What It Takes

By MC2 (SW) MICHAEL COOK
Penny Press staff

USS Abraham Lincoln's (CVN 72) men's basketball team just added another award to the ship's trophy case. The 13-man team brought home a first place trophy for winning the Navy's annual North Pacific

(NORPAC) Basketball Tournament at Naval Air Station Whidbey Island Sunday afternoon.

Chief Aviation Maintenance Administrationman (AW/SW) Bryan Terry, the team's head coach, said the team has faced numerous obstacles throughout the season.

"It's been a very trying experience,"

Terry said. "We held practice every Saturday morning in Everett, which was an experience in itself."

While the ship is in an overhaul status in Bremerton, Wash., some Lincoln teammates found themselves having to commute two hours just to

Turn to **HOOPS**, Page 2

Inside



Helmsmen Learning to Drive Again pg. 5



This Week In Navy History pg. 5

- LINCOLN PRIDE..... 3
- SHIPMATES..... 6
- EDITOR'S TOP 10..... 6

Local Stories

HOOPS

Continued from page 1

make it to their Saturday morning practices. Airman Allen Gibson from Lincoln's Weapons Department lives aboard the ship, and drives nearly 200 miles each way to practice with the team.

"It's worth the drive to be able to play with these guys; we're all really close," Gibson said. "This is one of the first winning teams I've played on, so it feels good to win."

Storekeeper Seaman Trevor Jews from Abe's Supply Department has been with the Lincoln basketball team since 2004. "This is the first time we've won this tournament," he said. "It's really a bonding experience. You're traveling together, playing together and working together, so we're all really close."

The camaraderie the teammates feel on the court also carries over into their jobs as Sailors. According to Master-at-Arms Second Class Deon Amos from Lincoln Security, rank goes away on the hardwood. Amos went on to say that the success at last weekend's tournament was equally due in part to the motivation from their coach.

"Chief goes out there and motivates every player to want to win. Everyone involved with the team puts in their part," said Amos.



Photo By MCSN Brandon Wilson

Members of USS Abraham Lincoln's men's basketball team pose with their first place Navy's annual North Pacific (NORPAC) Basketball Tournament trophy on Lincoln's flight deck Wednesday. The team beat out five other military teams in the double elimination tournament last weekend to take home the coveted trophy.

Terry said Lincoln's team beat out five other military teams during the course of the double elimination tournament. He added that the success of the team rests on the shoulders of his players and the sacrifices they've made.

"Every player on this team, and their families, had to make sacrifices to play," Terry said. "Everyone was

dedicated to winning the tournament and we all supported each other to get it done. We won this tournament through teamwork, dedication and heart."

With those principles in mind, the Lincoln basketball team hopes to capitalize on their success and carry that feeling with them into future tournaments.



Had a drink? Get a ride!
Call (425)530-1934 for Abe's Smart Ride.
A phone call now can save you a
headache later.



**Movie tickets are on sale in the MWR office
for \$5 each. Tickets can be purchased for
Regal and AMC/Lowes theaters.**



The Penny Press is an authorized publication for members of the military services and their families. Its content does not necessarily reflect the official views of the U.S. Government, the Department of Defense, the Department of the Navy, or the Marine Corps and does not imply endorsement thereby. All articles are subject to editing. Due to a need for timely news stories, there is no guarantee when a particular story will run.

Commanding Officer.....Capt. C.A. McCawley
Executive Officer.....Capt. T. E. Nosenzo
Public Affairs Officer..... Lt. Cmdr. John Filostrat
Media Dept. LCPO..... MCCS(SW/AW) Jon Annis
Editor.....MC1(SW/AW) Roderick Jessie
Layout/Design..... MC3 James R. Evans
Staff..... MC1(AW/SW) Patrick Sullivan
MC2(SW) Michael Cook
MC2(AW) M. Jeremie Yoder
MC3(AW/SW) Patrick M. Bonafede
MC3 James R. Evans
MCSN Dennis Irwin
MCSN Kathleen Corona

Lincoln Pride



Take Me Out to the
Ballgame



Photos by
MC3 James R. Evans
&
MCSN Justin Blake

Local News

BASEBALL

Continued from page 1

Ronald M. Kapral of the Washington National Guard.

Members of both baseball teams joined members of the armed forces on the baselines for a moment of silence in remembrance of fallen servicemembers and to salute the flag during a rendition of the national anthem by members of the Navy Band Northwest Vocal Quartet.

The game's ceremonial first pitch was thrown out simultaneously by five servicemembers, one from each branch of the military, who had been recognized by their respective branches for their outstanding achievements.

Navy Region Northwest Sailor of the Year Quartermaster 1st Class Elias Boddy, Air Force Reserve Honoree Sgt. David Ewbank, Marine Aviation Training Support Group 53 Marine of the Year Sgt. James Palmer, 13th Coast Guard District Enlisted Person of the



Photo By MC3 James R. Evans

Seattle Mariner Suzuki Ichiro joins honored members from the U.S. Air Force and the Sea Cadets in saluting the flag for the National Anthem during the 5th annual Boeing Salute to the Armed Forces Night at Safeco Field in Seattle.



Photo By MC3 James R. Evans

Marine Sgt. James "Eddie" Wright grips the honorary game ball for the Boeing Salute to the Armed Forces Night at Safeco Field in Seattle. Sergeant Wright, a bronze star recipient who lost both of his arms in combat in Iraq in 2004 delivered the game ball to the mound during a pre-game ceremony.

Quarter Marine Science Technician 1st Class Justin Anderson, and U.S. Army Soldier of the Year Sgt. Brian Voils each threw a baseball that had been carried and thrown by their fellow servicemembers at military bases and aboard ships around the world.

Following the first pitch, the official game ball was carried to the mound by Marine Sgt. James "Eddie" Wright, a West Seattle native who lost both arms below the elbow in a grenade blast outside of Falujah, Iraq in 2004.

"I'm glad to see Seattle coming out to support their Veterans," Wright said.

Other events included a silent auction to benefit the U.S.O. and a flyover by a pair of U.S. Army CH-47 Chinook Helicopters from Ft. Lewis. Several Mariners players also paid homage to the military with recorded messages that were aired on the big screen video monitors during the game.

For Sailors in attendance, it was a night well spent, not only for the celebration, but for the chance to see the Mariners starting the season off right.

"It was a lot of fun, I got to see Ichiro

hit a couple of balls and there were some Japanese fans right in front of us so there were high fives all around," said Chief Aviation Boatswain's Mate Carlos Carlos, who attended the game as part of Lincoln's MWR trip. "The food and drinks were free and it looked like everybody was having a good time.

Helped by a run-scoring triple by fan favorite Ichiro Suzuki and a home run by Richie Sexson, the Mariners beat Oakland 8-4, their second win of two games played so far this season.

Free Admission
Register Now!

Throughout 2007, members of the military and as many as three direct dependents may enter any one of Anheuser-Busch's SeaWorld, Busch Gardens or Sesame Place parks with a single-day complimentary admission.

<http://www.herosalute.com>



Local Stories

Abe's Helmsmen Train to Drive the Ship

By MCSN BRANDON C. WILSON
Penny Press staff

Sailors from USS Abraham Lincoln's (CVN 72) Deck Department have entered a sort of "driver's education" course recently; even though they are learning to "drive" the 97,000 ton warship as it is moored to the pier at Naval Base Kitsap, Bremerton while undergoing Drydock Planned Incremental Availability (DPIA).

Weekly training is held on the bridge for the Sailors who will be responsible for manning the aircraft carrier's helm when it leaves DPIA. Most of the training is provided by the Master Helmsmen and occasionally it is provided by technical representatives like retired Boatswain's Mate 1st Class Matthew Andresen.

"We try to get as many people qualified as we can while we're in port," Andresen said. "This is so that when the ship is underway there won't be a critical need for qualification signatures."

Andresen said the duties of a helmsman require precision. Helmsmen ensure that Lincoln never strays more than three degrees off course. Evolutions such as mooring in and out of ports, setting anchor, man overboard procedures, and underway replenishments are also some of the challenges helmsmen may face

while underway.

According to Quartermaster Third Class Derek Scott, 25, a master helmsman, Sailors manning the helm must be meticulous with their actions in order to keep the ship on what is often a very specific course.

"When we go to Pearl Harbor, the channel we pull into is narrower than the width of the flight deck," Scott explained.

Scott, Quartermaster Third Class Thomas Bradley, also 25, and Seaman Harold Lanham, 20, are the Master Helmsmen aboard Lincoln. Despite their young age, according to Scott, their experience behind the wheel has gained Commanding Officer Capt. C.A. McCawley's confidence in their abilities to drive the \$4.5 billion warship.

"It's a lot of responsibility," Scott said. "You have to be focused during stressful



Photo By MCSN Brandon C. Wilson

Master Helmsman Quartermaster 3rd class Thomas Bradley trains Seaman Monica Navarro of Deck Department on Lincoln's newly installed helm.

Turn to HELMSMEN, Page 6



April 5, 1909

*U.S. Navy Cmdr. Robert E. Peary
is the first man to reach the North Pole.*

Welcome Aboard USS Lincoln

USS Abraham Lincoln (CVN 72)

would like to welcome the following Sailors on board:



ANDERSON, SHANE ALAN ITSA
ANDREWS, SCOTT ANTHONY CS1
ANTON, JASON STEVEN AC1
BASILIO, CHARLYN MMFN
BEACH, MEGAN MARIE HN
BLANKENSHIP, ANTHONY LEE ITSR
BOWEN, JOSHUA GRANTAO1
BRUNO, BRIANA THERESA AZAN
COFFER, DAVID ALLEN DCFN
DEROODE, JOSEHUA JACOB CS2
EUSEK, AUSTEN ANGELO AA
FERREIRA, JOSEF REYKALOI HTFA
FIRKINS, TIMOTHY JAMES IT2
FISHER, DANIEL WILLIAM ABE2
FULLER, FRANK ANDREW MM2
GABONA, NINARICCI AUSAN ET3
GALARZA, LAURA JANET HN
HALL, LECK III HT1
HANTZ, DAVID ISAMAN MMFR
KIEL, JABOREE PIERE DCFN
LOKAN, JERALD PHILIP ENFR

MANGUCHEI, CHARLES JAVIER SN
MARSHALL, WILLIAM CLIFTON HM1
ODEN, MARC HOSE ICC
PHIPPS, DUSTIN BLAKE ICFA
RING, MICHAEL NORMAN AT2
RUSSELL, TIMOTHY JOHN AMAA
VANHOUTEN, DALTON DALE FC3
VARGAS, ALBERTO PINEDA JR SR
WATSON, STEPHEN FRANCIS OS2
WHISNER, AMY QUINN MC3



Local Stories



Shipmates

The strength of a warship lies in the hearts and hands of its crew.



Photo by MCSN Tim Roache

USS Abraham Lincoln's Commanding Officer Capt. C.A. McCawley presents Electronics Technician 1st Class Jeremiah Ledda with a certificate for being Lincoln's worker of the week.

HELMSMEN

Continued from page 5

situations, like underway replenishments at night,"

Recently, Lincoln's bridge received a new helm with several new abilities. Unlike its predecessor, the helm is touch-screen activated and requires one, instead of two watch standers to operate it.

"There are a lot of new features," Andresen said. "We train to make sure the helmsmen understand how it compares to the old system, and to make sure that they understand the new features they never had before."

According to Bradley, the training conducted on the bridge not only benefits the new helmsmen, but also the experienced ones.

"It brings us back up to speed," said Bradley. "It readies the Master Helmsmen to steer Lincoln back to sea on its next deployment."



Photo By MCSN Brandon C. Wilson

Lincoln's helmsmen are currently training on an entirely new helm system, installed during DPIA 2006, which includes touch-screen digital displays and a new heavy-duty wheel which replaced the old wooden one.

Editor's Top 10

Top 10 Signs That Spring is Upon Us...

10. Now it only rains on your days off.

9. An MM from Reactor came out on the weatherdecks and saw his shadow.

8. The moss is blooming.

7. Seagulls are chirping.

6. A film crew from Discovery Channel's Planet Earth series has arrived to film the annual jellyfish migration.

5. The fruit at the market has that "fresh from Nicaragua" smell.

4. Spring cleaning commences ... daily.

3. Your dress whites have fresh iron burns.

2. The ship's preparing to get underway.

1. The Mariners are still undefeated.